



By Lynne Pederson, Director



Look to: Implies assurance that expectations will be fulfilled.



“Sun is shining, weather is sweet. Make you want to move your dancing feet”.

I have shared this quote before but it is so apropos when the sun is shining, the grass is turning green, and the robins are back. It is hard not to feel that Spring is in the air and our “buckets” are full of anticipations of what is just around the corner.

FiftyNorth fully open should be in your buckets. These are the tell-tale signs to anticipate for the center to be open fully...in a couple of months, finger crossed.

1 Governor Walz raised the occupancy to 50% versus 25%. We are still required to stay at a 6 feet distance and wear masks. In the facility we only have so much room to work with, and having to keep the fitness equipment, and people six feet apart does not allow us to make much change in how we are operating right now or increase the number of people that can be together in the pool or fitness center. Other guidelines such as how many people can be together in a group has increased to 25, so I am hoping that in a short amount of time

the current guidelines are increased and/or lifted.

- 2 People are vaccinated. More and more members are coming into the center as they are feeling more comfortable to participate in the programs at the center.
- 3 The fitness equipment that was moved from the Fitness room is moved back into the Fitness room. The furniture is back into place... couch and chairs in the lobby, tables in the coffee bar area, etc. We will maintain the distancing requirement, but it will feel and look more like the Center as we know it to be.
- 4 Fitness classes are back in the Fitness Studio and outside as the weather permits.
- 5 Classes are scheduled in the Art Studio.
- 6 Online classes continue as a part of the regular programming schedule. This gives you the flexibility to participate by staying home in your pajamas or being motivated by working-out with others at the center.
- 7 Center hours are extended and more programs are offered.
- 8 Card playing is back on the schedule.
- 9 The outside patio is open, the weather is warm, and the gardeners are planting.

(Director's message continued on p 9)

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**Calling all artists!
2021 Member Show
Coming in May!**

GARDENERS

FiftyNorth Garden Club is looking for volunteers to help in the patio garden area. Contact Patty Ciernia at (507) 664-3709 or patty.ciernia@fiftynorth.org for more information.



Up next: May 17 - June 25

**MEMBER SHOW: "The Unmasking":
Bring Your Art Out of Isolation**



In The Gallery

By Patty Ciernia, Program Coordinator



Julie M. Fakler - Painter

I grew up in rural Southeast MN and central California. Every time my mother would get married, divorced, or pregnant we would move cross country. 1996 I received a BFA Painting & Drawing from Minneapolis College of Art & Design. After graduating from college, I moved to Faribault MN where I still live today.

My artistic vision is to create colorful original domestic animal portraits. My two joys in life are the visual arts and animals. I combine the two to share my passion with others. Most of my current work is commissioned by people who want a portrait of their pet or livestock.

Paint A Pet Class by Julie: See page 6

On Display: April 1 — May 14

I paint vibrant one of a kind domestic animal portraits. Over the years I have developed my own unique painting style by applying many thin layers of acrylic paint to build up a representational image of an animal. I have participated in over 60 exhibitions in galleries, art centers, public spaces in MN. My artwork has been featured on KSMQ Off 90 episode 312, Project Bike Video (2016), and in various articles. I was voted Best Visual Artist by the Southern Minn Scene publication 2015, 2016, 2017. I have received 3 individual artist grants from the Southeastern Minnesota Arts Council (SEMAC) for projects that promote animals; Prairie's Edge Humane Society (2011), S.A.F.E. Sanctuary (2014), and Southeastern MN Farm Animal Portraits (2017).



Geralyn Thelen -

Fused Glass Artist

*Everyone has a story to tell...
...and each of our stories is important...*

For some reason, my stories do not come out in words; but when I work with glass...my

heart sings & the glass talks to me.

Each piece of glass I create is formed in my heart and is produced with great love.

My designs include two-dimensional pieces, sculptures, and installations, and honor the significance of women's hands in the history of art and design.

On Display: April 1 — May 14



Inquiries regarding work shown, complete studio offerings, or commissioned projects are invited.

Please feel free to contact me jmgag@icloud.com

Thank you, and enjoy! - GERALYN THELLEN

Suncatcher Fused Glass Class by Geri: See page 7



Gallery Open Show

By Patty Ciernia, Program Coordinator



Calling all artists!



2021 FIFTYNORTH OPEN SHOW: "The UnMasking" Bring Your Art Out of Isolation

May 17 - June 25.

We are inviting any FiftyNorth member to submit one piece of art. What have you created in reference to our current global situation? Artists, unveil your work! What has evolved for you creatively during COVID?

Submit your piece between May 12 and the 15th. Please include the artist's name, title of piece, medium and price (if for sale). Contact Patty with questions at 507-664-3709 or patty.ciernia@fiftynorth.org.

Opening Reception TBD.

Ceramics, fiber art, watercolor, collage, photography and more!



Fitness News

NEW GUIDELINES:

Governor Walz announced new guidelines increasing the capacity for the pool, fitness room, and fitness classes to 50%, continuing 6' distancing and masks worn by all participants. These announcements come at will, so more changes may occur after this is published. Watch for announcements posted at the reception desk.

Sessions are based on 45 minutes, that start at the top of each hour. Passes can be picked up at the reception desk for pool and wellness center use. Use can continue into the next hour session, if there is capacity, and checking in with the receptionist.

POOL

- Up to 2 people are allowed to share a lap lane if both are agreeable.
- Capacity increases to 10 people in open swim area per session.
- Aqua classes capacity stays at 12 people.

FITNESS ROOM

- Fitness room capacity increases to 8 people per session.
- Equipment will be moved back into the Fitness Room.

FITNESS STUDIO

- Table Tennis will be moved back to the Fitness Studio

GROUP EXERCISE CLASSES

- Land classes increase to 18 people
- Outdoor classes in the courtyard will start in May.

FITNESS GROUPS

For information on these groups and how to join, please contact Craig Swenson, 664-3702.

- Pickleball - starting April 6, Tuesday and Thursdays, 8:00am, at Northfield Lions Club Park. A group leader is needed.
- Pedalers biking - Trail passes are available at FiftyNorth and ride schedules will be posted soon.
- Hiking/Walking Group - Becky Demann is leading this group. We would like member input on day and time preferences. Please contact Craig Swenson 507-664-3702 or craig.swenson@fiftynorth.org.
- Bowling at Jesse James Lanes - Fridays at 1:30, gather at the lanes. A group leader is needed.
- Softball - led by Harley Tate. The group is forming to determine the season schedule.
- Table Tennis - singles only, weekdays at 1pm, Saturdays at 9am. There will be no Tournament this year due to Covid 19 restrictions.



Fitness News

2021 IN-PERSON LAND BASED FITNESS CLASSES April

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM						
6:30 AM						
7:00 AM			SLO FLO YOGA (7-8)			
7:30 AM						
8:00 AM	TAI CHI (8-8:45)					
8:30 AM					TAI CHI (8:30-9:15)	
9:00 AM		BEGINNING YOGA (VINYASA) (9-10)		SLO FLO YOGA (9-10)		
9:30 AM						
10:00 AM						
10:30 AM	SILVER SNEAKERS (10:30-11:30)	GENTLE CHAIR YOGA (10:30-11:30)	SILVER SNEAKERS (10:30-11:30)	GENTLE CHAIR YOGA (10:30-11:30)	SILVER SNEAKERS (10:30-11:30)	
11:00 AM						
11:30 AM						
12:00 PM		SILVER&FIT (12-12:45)	SILVER SNEAKERS BALANCE (12-12:45)	SILVER&FIT (12-12:45)		
12:30 PM						
1:00 PM						
4:30 PM						
5:00 PM		SILVER SNEAKERS STRENGTH (5-5:45)				
5:30 PM						

2021 VIRTUAL LAND BASED FITNESS CLASSES April: AVAILABLE THRU ZOOM

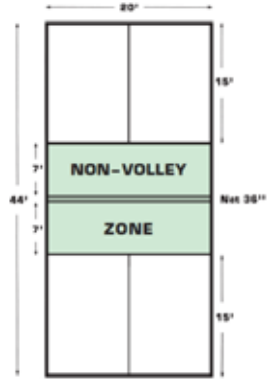
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM						
6:30	CARDIO & STRENGTH INTERVALS (6:30-7:15)	POWERLIFTING (6:30-6:55)			CORE & STRETCH (6:30-7:15)	
7:00 AM						
7:30		DRUMS ALIVE (7-8)	SLO FLO YOGA (7-8)	BOXING AND STRENGTH (7-8)		
8:00 AM	BOOTCAMP (8-9)	TAI CHI (8-8:45)	STRENGTH TRAINING (8-9)	CARDIO KICKBOXING (8-9)	STRENGTH TRAINING (8-9)	STRONG NATION (8-9)
8:30						
9:00 AM	YOGA STRETCH (9-10)	BEGINNING YOGA (VINYASA) (9-10)	GLOBAL LINE DANCING (9:30-10:30)	CARDIO DANCE (9:15-10)	SLO FLO YOGA (9-10)	COUNTRY WESTERN LINE DANCING (9:30-10:30)
9:30						
10:00 AM	BOOTCAMP WITH CARLA (10-10:45)		BOOTCAMP WITH CARLA (10-10:45)		BOOTCAMP WITH CARLA (10-10:45)	
10:30	SILVER SNEAKERS (10:30-11:30)	GENTLE CHAIR YOGA (10:30-11:30)	CORE AND MORE (10:30-11:30)	SILVER SNEAKERS (10:30-11:30)	GENTLE CHAIR YOGA (10:30-11:30)	CORE AND MORE (10:30-11:30)
11:00 AM						
11:30						
12:00 PM	GLUTE STABILITY (12-1)	SILVER&FIT (12-12:45)	SILVER SNEAKERS BALANCE (12-12:45)	YOGA 1 (12-1)	SILVER&FIT (12-12:45)	
12:30						
1:00 PM					YOGA BALANCE (1-2)	
1:30 PM						
4:00 PM						
4:30 PM						
5:00 PM		SILVER SNEAKERS STRENGTH (5-5:45)	CARDIO STRENGTH MIX (5-5:45)			LINE DANCE FITNESS (5-6)
5:30 PM						
6:00 PM						
6:30 PM						
7:00 PM		STRENGTH AND STRETCH (7-8)		RELAXATION YOGA (7-8)		
7:30 PM						

PICKLE BALL Tuesdays & Thursdays - Beginning April 6 - 8:00-9:00am - Riverside Lions Park



Pickleball equipment will be available, but you are welcome to bring your own. If you have questions please contact Craig Swenson at 507-664-3702 or craig.swenson@fiftynorth.org. This will become a volunteer-led fitness group activity.

Canceled if inclement weather.
Capacity: 16



OVERVIEW: Pickle-ball® is played on a badminton-sized court: 20' x 44.' The ball is served diagonally (starting with the right-hand service-square), and points can only be scored by the side that serves.

Players on each side must let the ball bounce once before volleys are allowed, and there is a seven-foot no-volley zone on each side of the net, to prevent "spiking." The server continues to serve, alternating service courts, until he or she faults. The first side scoring eleven points and leading by at least two points wins. Pickle-ball® can be played with singles or doubles. *Come out and give it a try!*

2021 AQUA FITNESS CLASSES April

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	
6:45 AM						
7:00 AM	AQUA SUNRISERS 7-7:45AM	EARLY BIRD AQUA 7-7:45AM	AQUA SUNRISERS 7-7:45AM	EARLY BIRD AQUA 7-7:45AM	AQUA SUNRISERS 7-7:45AM	OPEN SWIM
7:45 AM						
8:00 AM	SS AQUA AGELESS 8-8:45AM	AQUA YOGA 8-8:45AM	SS AQUA AGELESS 8-8:45AM	AQUA YOGA 8-8:45AM	SS AQUA AGELESS 8-8:45AM	OPEN SWIM
8:45 AM						
9:00 AM	S&F AQUA FIT ' N TONE 9-9:45AM	OPEN SWIM	S&F AQUA FIT ' N TONE 9-9:45AM	OPEN SWIM	S&F AQUA FIT ' N TONE 9-9:45AM	OPEN SWIM
9:45 AM						
10:00 AM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
10:45 AM						
11:00 AM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
11:45 PM						
12:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	
12: 45 PM						
1:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	
1:45 PM						
2:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	
2:45 PM						
3:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	
3:45 PM						
4:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	
4:45 PM						
5:00 PM	OPEN SWIM	AQUA FUSION 5-5:45PM	OPEN SWIM	AQUA FUSION 5-5:45PM	OPEN SWIM	
5:45 PM						
6:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM		



Art Classes

Please pre-register for all classes:

By Phone: 507-664-3700

Online: www.FiftyNorth.org/learn/classes

In Person: *FiftyNorth* front desk



SUNCATCHERS FUSED GLASS

(ZOOM CLASS)

Tuesday, April 6

10:00-12:00pm

Spring has sprung! Here is your chance to try your hand at fused glass. In this class you will make round floral sun catcher for your window. No experience necessary.

Instructor: Geri Thelen

Capacity: 15

Cost: \$40 nonmbr, \$30 mbr, \$20 plat

Registration deadline: April 1

Zoom link will be emailed to you 1 day prior to class

ART SUPPLY KIT INCLUDED: Pick up supply kit Monday, April 5.

Note: Return kits after class to FiftyNorth. Pick up at FiftyNorth when finished firing.



ART JOURNALING II: ACCORDION DESIGN (ZOOM CLASS)

Tuesday, Thursday, April 13 & 15

1:00-3:00pm

Back by popular demand! - In this class, we'll make a fun "accordion" style art journal. You'll learn several techniques that you can use over and over in additional books. Most materials will be provided but you can personalize your journal by using art supplies or treasures from your stash. The sample journal has a "nature" theme. You can do yours the same or follow a theme that speaks to you.

In the first session, you'll fold watercolor paper to make the basic book, decide on general page designs, and create the embellishments. In the second session, you'll finish constructing the journal.

Instructor: Pat Jorstad

Capacity: 15

Cost: \$40 nonmbr, \$30 mbr, \$15 platinum

Registration Deadline: April 8

Zoom link will be emailed to you 1 day prior to class

MATERIALS PROVIDED IN KIT FOR EACH STUDENT

(Pick up at FiftyNorth April 9-12):

2 pieces 10x14 watercolor paper, Old music pages, Tracing paper, Unused tea bags, Beads, Wire, White gel pen, fine point, Instructional handout

MATERIALS STUDENTS SHOULD HAVE:

Watercolor paint, acrylic paint, pastels – whatever media you like to use, Long ruler, Pencil, eraser Scissors, Glue – PVA glue, Elmer's glue, glue stick, or gel medium, Additional items to use for decorating your book – ornamental threads, stencils, stamps, stickers, collage items, markers, washi tape, scraps of fabric or paper.



Art Classes *(continued)*



PAINT A PORTRAIT OF YOUR PET 2.0 (ZOOM CLASS)

Monday, Tuesday, April 26 & 27
10:00-12:00pm

Artist Julie Fakler will teach you step by step on how to paint a portrait of your pet. In class you'll learn about under painting, form, shape and color. In the first class we will complete the first layer of colors (paint), and we'll return the next day to add a second layer of colors (paint). If time allows more layers can be added to your masterpiece. Wear clothes that can get paint on them.

The class is for all experience levels. Julie has taught Paint a Portrait of Your Pet class to students ages 3 to 79. The class is taught step by step. Over all there are 7 steps, and on the second day of class we repeat the steps. If you don't have a pet you can still take the class, paint a family or friends' pet, or Julie can provide a photo of a pet too.

Instructor: Julie Fakler

Capacity: 10

Cost: \$35 nonmbr, \$25 mbr, \$15 platinum

Registration deadline: April 19

NOTES: Email your pet reference photo to juliefakler@gmail.com by April 19.

SUPPLIES ARE INCLUDED. Kits can be picked up at FiftyNorth starting April 23.

Zoom link will be emailed to you 1 day prior to class.

Materials you should have available from home:

Paint palette: (I use an ice cream lid, you can use a plate, or actual palette), Water container for brushes, shop towels or paper towels, large surface to work on/ table

Julie Fakler is a fiscal year 2021 recipient of a Creative Support for Individuals grant from the Minnesota State Arts Board. This activity is made possible by the voters of Minnesota through a grant from the Minnesota State Arts Board, thanks to a legislative appropriation from the arts and cultural heritage fund.



Lifelong Learning

Please pre-register for all classes:

Online: www.FiftyNorth.org/classes

SENIOR LEARNING NETWORK UPDATE: The Senior Learning Network has suspended all programming until further notice. They hope to resume Fall 2021.



PRESENTER: *David Jones is a resident of Minneapolis and a native of St. Peter, MN. He graduated from Gustavus Adolphus College and spent 24 years in the financial services industry and three years in the nonprofit sector.*

He has spoken in senior communities, schools and churches, as well as to veterans and civic groups, women's clubs and community education programs. He has been making presentations since 1996 and has spoken more than 1,500 times to a total of more than 40,000 people!



ZOOM - 1936 BERLIN OLYMPICS - THE NAZI GAMES

Thursday, April 8
1:00-2:00pm

The 1936 Olympic Games held in Berlin are notorious for the tightly controlled image the Nazis presented to the world. But, these Games also became a blueprint for future Games that is followed to the present day. We will look at the history of the Olympics and the complicated legacy of the 1936 Games.

Presenter: David Jones

Capacity: 35

Cost: \$9 nonmbr, \$7 mbr, \$0 platinum

(Cont. on p. 8)



Lifelong Learning *(continued)*

Please pre-register for all classes:

Online: www.FiftyNorth.org/classes



ZOOM - JFK ASSASSINATION - THE MYSTERY & LEGEND

Tuesday, April 20
1:00-2:00pm

Where were you when JFK was assassinated? After more than fifty years, this event still sparks discussion and controversy. Join us for a balanced discussion of one of the pivotal events of the 20th century.

Presenter: David Jones

Capacity: 35

Cost: \$9 nonmbr, \$7 mbr, \$0 platinum



ZOOM - MOUNT RUSHMORE CARVING OF AN ICON

Thursday, April 29
1:00-2:00pm

Today, more than 2 million people each year visit Mount Rushmore in the Black Hills of South Dakota. Fourteen years, four hundred workers, 450,000 tons of rock, nearly one million dollars. Those are some of the

statistics behind the carving of Mount Rushmore. The story is even more interesting.

Presenter: David Jones

Capacity: 35

Cost: \$9 nonmbr, \$7 mbr, \$0 platinum



IN MAY:
ZOOM Online
or come see David
In-person
at FiftyNorth

Thursday, May 6 - 1:00-2:00pm

ZOOM - THE WASHINGTON MONUMENT - CENTERPIECE OF THE NATIONAL MALL

Capacity: 35

IN-PERSON AT FIFTYNORTH - THE WASHINGTON MONUMENT - CENTERPIECE OF THE NATIONAL MALL

Capacity: 10 **ROOM:** 106

The 555-foot Washington Monument stands proudly in the center of the National Mall in Washington DC. Building the Monument involved disagreements about the design, political infighting, inability to raise money and a 22-year interruption in the building phase. Join us as we explore this fascinating story.

Presenter: David Jones

Cost: \$9 nonmbr, \$7 mbr, \$0 platinum



Virtual birdwatching program with Amy Simso Dean

For all ages!
For all stages!

Saturday
April 17
1-2 pm

Enjoy the great outdoors. Go birding!

Registration required

For further information contact Jamie Stanley
210 Washington St • 507-645-6606 • mynpl.org





Wellness Classes



A MATTER OF BALANCE

Tuesdays & Thursdays, April 6, 8, 13, 15, 20, 22, 27, 29 (8 sessions)
2:00-3:30pm

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels. St.Olaf students, under the supervision of instructor Jenny Holbein, will teach practical strategies to manage falls.

Instructor: St Olaf students with instructor Jenny Holbein

Capacity: 18

Cost: none

Room: 103/105

NOTES: Participants will be paid \$20 for finishing the program.

AFN

Age-Friendly Northfield

www.agefriendlynorthfield.com

Age-friendly NORTHFIELD



2019 AARP Challenge Grant recipient:
 The Red Chair Project

In 2016 Northfield MN joined the World Health Organization (WHO/AARP) Network of Age-Friendly Cities. Northfield is well-positioned to take on the work of becoming an age-friendly city and already has many strengths as a community for older residents, but more deliberate action must be taken now, and in the future, to ensure that the growing number of older adults have the housing, transportation, communication, services and other resources needed to live engaged and independent lives.

Heading up the efforts is a Steering Committee made up of a group of engaged people – from nonprofit organizations, City of Northfield, Rice County, and community volunteers that are dedicated to making Northfield age friendly. Currently work is being done in the areas of – Health and Wellness, Housing, Outdoor Spaces, Community Information, and Transportation. Projects include a Telemedicine Guide, Resource list, a collaboration with Habitat for Humanity to work with homeowners to adapt houses so that the owners can age in place, and the Red Chair project sponsored by Community Resource Bank. Expect to see the Red Chairs set-out for use this summer at the band concerts, Bridge Square events, etc. On a bigger scale, Todd Lippert, Northfield’s State Rep. has been instrumental in supporting the State-wide Age Friendly network and Council.



Director’s Message - cont.

- 10 The early morning newspaper groups are sitting around the coffee table in the lobby, heckling each other over the answers to the daily quiz.
- 11 Members who dropped their memberships due to Covid are renewing, and participating in Center programs again.
- 12 New members are joining as they have discovered the center is a place they want to be.
- 13 Lobby and halls are busy and the “buzz” is back.
- 14 There are smiles on staff faces because we are so happy to see you.
- 15 A celebration open house is scheduled and circled on your calendar.

All of this will happen...it is just a matter of time...just a little bit longer...we can wait. We know FiftyNorth is worth the wait. Until next time...*onward and upward.* ■





February Donors

Our sincere gratitude to all who have donated.

We couldn't even come close to doing what we do without your support — *thank you!*

Lois Bakko, David & Vicky Follansbee, Karen Achberger, David & Joey Appleyard, Nancy Ashmore & Kenneth Wedding, Bernard & Mary Auge, Dennis & Beth Berry, Mary Beth Boyum, Judy Broske, Warren & Karen Broughton, Gene & Darlene Broughton, Mary Brown, James & Heather Cannaday, Bernice Christensen, Eileen Cooper, Neil & Marilyn Deden, Winnie Drentlaw, JoAnn Edwardsen, Chris Ellison, Carol Emery, Beth Endert, Kristina Felbeck, Robert Forsgren, Joyce Francis, Stephanie Frey, Marie Gery, Mac & Jacquelyn Gimse, James Glover, David & Betty Habermas, Jerry & Liz Hankins, Darus Howard, Richard & Donna Jackson, Georgene Johnson, Ruth Johnson-Wirth, Patricia Jorstad, Joni Kilde, Gary & Arlene Kruse, Myron Lanoue, Marla LeFebre, C C Linstroth, Tom & Nancy Loesch, William Roadfeldt & Louise Lurye, Janet Mathews, James & Angie Mayr, Mike & Ann McGovern, Elaine Meyers, John & Sharon Micklo, Gene Moninger, Norma Monroe, Bill & Pat Nelson, Ron Cirksena & William Norton, Elizabeth Olson, Lynne Pederson, Ken & Roberta Persons, Gary & Bonnie Peterson, Carol Peterson, Mary Raney, Constance Rew, JoAnn Seuser, Bardwell Smith, Kenneth & Sharon Steinhouse, Dorothy Swanson, Craig Swenson, Anne Ulmer, Linda Wagenbach, Patricia Warner, Carrie Williams Mork

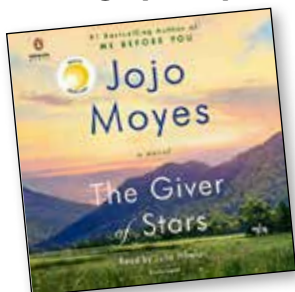


Book Club

The Book Club meets the 2nd Friday of the month at 10:30am – via Zoom.
All are welcome.

For more information call Katherine Collman,
507-645-1357

Coming up in April: *The Giver of Stars*



Set in a small Kentucky town in Depression-era America, the novel details the lives of five women who become traveling librarians, delivering books to the people of Kentucky. The story follows Alice Wright, a British woman, who moves after marrying the Kentucky native Bennett Van Cleve.
— *by Jojo Moyes*



February New Members

A warm welcome to each of our new members.

We look forward to seeing you at *FiftyNorth*
It's sure to be an even better place because you're here!

Leo Aeikens, Brian Dale, Paul Gram, Mark Nelson, Nick Niebur, Dennis Walston, Twyla Witt, John Work

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- Patient education



(507) 646-1457



TWINKLE TOES FOOT CARE



**2nd Monday of each month
12:30-4:30pm**

Need your toenails trimmed? Since 1999, Laurie has provided foot care in the Twin Cities Metro Area and the surrounding communities.

She takes clients here at FiftyNorth usually on the 2nd Monday of the month from 12:30-4:30pm.

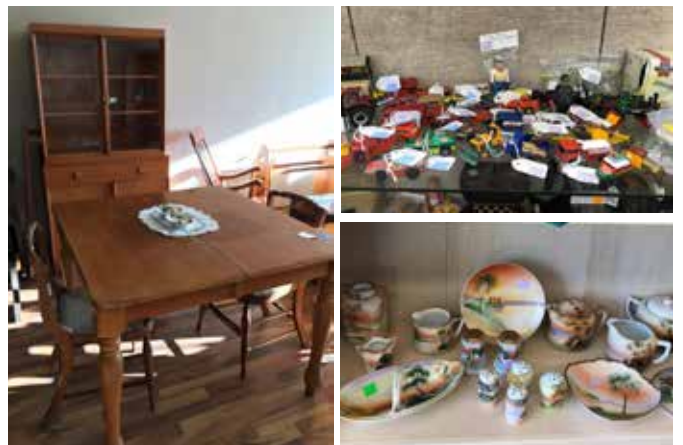
\$45 per session payable to Twinkle Toes Foot Care

Call the FiftyNorth front desk to make your appointment. 507-664-3700.



USED-A-BIT SHOPPE

The Used-A-Bit Shoppe is a fun place to shop for gently used home furnishings, household goods and furniture. Shop daily - Items come and go quickly! All proceeds support FiftyNorth.



Used-A-Bit Shoppe: 624 Water Street, River Mall

HOURS: Tuesday - Saturday: 10:00am - 5:00pm
Closed Monday & Sunday

Donations by appointment - Call first (507) 645-1399

Staff Directory

Director:

Lynne Pederson
507-664-3701 | lynne.pederson@fiftynorth.org

Assistant Director/Fitness Coordinator:

Craig Swenson
507-664-3702 | craig.swenson@fiftynorth.org

Administration Manager:

Elaine Meyers
507-664-3703 | elaine.meyers@fiftynorth.org

Program Coordinator/ Community Outreach:

Patty Ciernia
507-664-3709 | patty.ciernia@fiftynorth.org

Used-A-Bit Shoppe Manager:

Dolores Kornkven
507-645-1399 | dolores.kornkven@fiftynorth.org

Bookkeeper:

Kathy Bjerke
507-664-3700 | kathy.bjerke@fiftynorth.org



Front Desk (Reception Staff):

507-664-3700
Mary Brown, Darla DeLong, Bonnie DuPay,
Beth Endert, Nancy Glodfelty, Pat Nelson, Jane Persons



Lobby Hours:

Monday–Thursday: 6am–7pm
Friday: 6am–6pm
Saturday: 7am–12pm
Sunday: Closed



Fitness Center Hours:

Monday–Thursday: 6am–7pm
Friday: 6am–6pm
Saturday: 7am–12pm
Sunday: Closed



Pool Hours:

Monday–Thursday: 6am–7pm
Friday: 6am–6pm
Saturday: 7am–12pm
Sunday: Closed



CaféNorth Hours:

Pre-order: 507-664-3700 by 11:30 one day prior
Monday–Friday drive up: 11am–11:30am



Used-A-Bit Shoppe:

624 Water Street, River Mall, 507-645-1399
Tuesday–Saturday: 10am–5pm
Sunday: Closed
Donations by appointment.